

BLOOD SUGAR LOG

Name: _____

Doctor: _____

Date: _____

Telephone: _____

MY TARGET BLOOD SUGAR RANGES ARE

_____ mg/dL to _____ mg/dL before meals

_____ mg/dL to _____ mg/dL 2 hours after meals

ADA BLOOD GLUCOSE TARGETS

Before breakfast: 70 to 130 mg/dL

2 hours after meals: below 180 mg/dL

| | | | | |
|-----|---------------|--|----------------------|---|
| SUN | Date _____ | Blood sugar reading _____ mg/dL _____ mg/dL _____ mg/dL | Notes _____ _____ | <input type="checkbox"/> I Exercised _____ |
| MON | Date _____ | Blood sugar reading _____ mg/dL _____ mg/dL _____ mg/dL | Notes _____ _____ | <input type="checkbox"/> I Exercised _____ |
| TUE | Date _____ | Blood sugar reading _____ mg/dL _____ mg/dL _____ mg/dL | Notes _____ _____ | <input type="checkbox"/> I Exercised _____ |
| WED | Date _____ | Blood sugar reading _____ mg/dL _____ mg/dL _____ mg/dL | Notes _____ _____ | <input type="checkbox"/> I Exercised _____ |
| THU | Date _____ | Blood sugar reading _____ mg/dL _____ mg/dL _____ mg/dL | Notes _____ _____ | <input type="checkbox"/> I Exercised _____ |
| FRI | Date _____ | Blood sugar reading _____ mg/dL _____ mg/dL _____ mg/dL | Notes _____ _____ | <input type="checkbox"/> I Exercised _____ |
| SAT | Date _____ | Blood sugar reading _____ mg/dL _____ mg/dL _____ mg/dL | Notes _____ _____ | <input type="checkbox"/> I Exercised _____ |

IMPORTANT SAFETY INFORMATION ABOUT INSULIN

The most common side effect of insulin is low blood sugar. Some people may experience symptoms such as shaking, sweating, fast heartbeat, and blurred vision, while some experience no symptoms at all. That's why it's important to check your blood sugar often.